

FREE Smoking Cessation Resources

FREE Smoking Cessation Services in Frederick County, MD

Frederick County Health Department

350 Montevue Lane, Frederick, MD 21702

Phone: 301.600.1755

FREE nicotine patches, gum and lozenges for registered class participants.

Frederick Memorial Hospital

400 W. 7th Street, Frederick, MD 21702

Phone: 240.566.3622

FREE nicotine patches, gum and lozenges for registered class participants.

Frederick Community Action Agency

100 West All Saints Street, Frederick, MD 21701

Maryland's

1-800

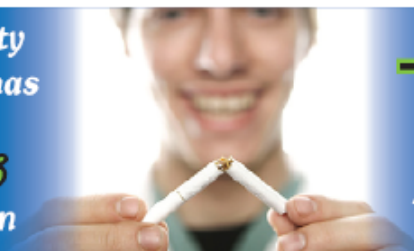


QUIT NOW

SmokingStopsHere.com

**Marylanders have a new way to live smoke-free.
When you are ready to call... **1-800-784-8669****

**The Frederick County
Health Department has
FREE classes.
Call **301-600-1755**
for more information**



**- FREE -
NICOTINE
PATCHES
AVAILABLE**

This is a free service provided by the Maryland Department of Health and Mental Hygiene

TTY # 1-877-777-6534 • OPEN 24/7

386206



Take the leap and quit smoking. "Because too much smoke will leave you broke!"



There's no need to hunt for the gold at the end of the rainbow. Quit smoking and save a bundle!

Offered by the Frederick County Health Department
350 Montevue Lane, Entrance D, room 2-101

Stop Smoking for Life

Free Smoking Cessation Program

March-April Classes

March 19th – April 23rd

Wed 10:30 – 11:30

Stop Smoking For Life Topics Include:

- ⊗ Nicotine Addiction
- ⊗ Preparing to Quit
- ⊗ Coping with Withdrawal
- ⊗ Dealing with Stress
- ⊗ Relapse Prevention

**Free Nicotine Patches or Gum
Provided to Class Participants**

To register call:

301.600.1755

or

email:

pmiller@frederickcountymd.gov

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